



**México**

Embajada de México en  
Trinidad y Tobago



**Embajada de México en Trinidad y Tobago**

**Embassy of Mexico in Trinidad and Tobago**

**MÉXICO TAMBIÉN ES CARIBE**

**MEXICO IS ALSO CARIBBEAN**



**BOLETÍN  
MENSUAL  
MONTHLY  
NEWSLETTER**

**No. 52**

La promoción comercial es una prioridad. Encuentro con el Ministro de Comercio, Inversión y Turismo, Senador Satyakama Maharaj y el Director Ejecutivo de la Autoridad de Zonas Económicas Especiales, Stephen De Gannes.

Trade promotion is a priority. Meeting with the Minister for Trade, Investment and Tourism, Senator Satyakama Maharaj, and the Chief Executive Officer of the Special Economic Zones Authority, Stephen De Gannes.

# WELCOME MESSAGE

## MENSAJE DE BIENVENIDA



*Septiembre es el mes patrio de México, por ello la Embajada en Trinidad y Tobago se apresta con orgullo a los preparativos para la conmemoración del 216° aniversario del inicio del Movimiento de Independencia Nacional.*

*Con el ánimo de fortalecer la promoción económica para impulsar la diversificación del comercio y las inversiones, la Embajada de México ha emprendido una serie de acciones de acercamiento y difusión con relevantes actores trinitenses del sector de negocios y con medios de comunicación.*

*Asimismo, la representación diplomática fomenta una cooperación amplia, que incluye áreas tan relevantes como el deporte y la enseñanza del español.*

*México es un país multiétnico y despliega una diplomacia humanista y de contenido social. Por ello, la Embajada participó activamente en la conmemoración del Día Internacional de los Pueblos Indígenas, donde se difundieron las acciones que emprende el gobierno mexicano a favor de los pueblos originarios; asimismo se sumó a las celebraciones del Día de la Emancipación, para conmemorar la abolición de la esclavitud y emprendió acciones a favor de jóvenes en entornos vulnerables.*

Víctor Hugo Morales  
Embajador

September is Mexico's month of national celebration, which is why the Embassy in Trinidad and Tobago is proudly making preparations to mark the 216th anniversary of the start of the National Independence Movement.

With a view to strengthening economic promotion to foster the diversification of trade and investment, the Mexican Embassy has undertaken a series of outreach and awareness-raising initiatives with key Trinidadian stakeholders in the business sector and with the media.

Furthermore, the diplomatic mission is fostering broad-based cooperation, covering key areas such as sport and the teaching of Spanish.

Mexico is a multi-ethnic country and pursues a humanistic and socially oriented approach to diplomacy. Consequently, the Embassy played an active role in the commemoration of the International Day of Indigenous Peoples, during which it highlighted the measures taken by the Mexican government in support of indigenous communities; it also joined in the Emancipation Day celebrations to mark the abolition of slavery and undertook initiatives to support young people in vulnerable circumstances.

Víctor Hugo Morales  
Ambassador

## MEXICO, A COUNTRY FOR DOING BUSINESS

Mexico has become one of the world's most attractive destinations for investment and business. It is a global manufacturing platform and an option for the Caribbean as a strategic partner for sustainable growth.

As a result, the Embassy of Mexico in Trinidad and Tobago has intensified its efforts to promote trade and investment, highlighting the advantages, strengths and opportunities that the Mexican market offers Caribbean partners, with the aim of fostering mutually beneficial exchanges. Through a successful webinar entitled "Trading with Mexico: market insights, entry strategies and sourcing opportunities" co-organized with the Trinidad and Tobago Manufacturers' Association and Ramps Logistics, as well as a conference in the industrious and dynamic city of San Fernando in southern Trinidad, with the support of the Greater San Fernando Area Chamber of Commerce, the Embassy raised greater awareness of Mexico's industrial sector, its export capabilities and capacity to supply raw materials, as well as the role that nearshoring plays in the current global geoeconomic landscape.

Mexico represents a good opportunity for doing business in a stable, well-organized and highly regarded environment in international markets, in addition to being a welcoming nation.



## MÉXICO, UN PAÍS PARA HACER NEGOCIOS

*El país se ha convertido en uno de los más atractivos destinos mundiales para invertir y hacer negocios; es una plataforma manufacturera global y es una opción para el Caribe como socio estratégico para el crecimiento sostenible.*

*Por ello, la Embajada de México en Trinidad y Tobago ha intensificado su labor de promoción comercial y de inversión, con la presentación de las ventajas, fortalezas y oportunidades que el mercado mexicano ofrece a socios caribeños, para intercambios que beneficien a ambas partes. Con un exitoso webinar titulado "Trading with Mexico: market insights, entry strategies and sourcing opportunities" promovido de manera conjunta con Trinidad and Tobago Manufacturers Association Asociación de Manufactureros de Trinidad y Tobago y la empresa Ramps Logistic, además de una conferencia en la industriosa y dinámica ciudad de San Fernando al sur de Trinidad, con el respaldo de la Greater San Fernando Area Chamber of Commerce, se impulsó el conocimiento de la industria mexicana, sus capacidades exportadoras y de abasto de materias primas, así como el papel que juega el nearshoring en la actual dinámica geoeconómica mundial.*

*México representa una buena oportunidad para hacer negocios, en un entorno estable, ordenado y prestigioso en los mercados internacionales, además de ser una nación amigable.*

## SPANISH IN TRINIDAD AND TOBAGO'S BUSINESS ENVIRONMENT

Spanish is gaining increasing recognition and prominence in the international business world. As such, the Embassy of Mexico in Trinidad and Tobago has embarked on teaching and promoting Spanish to various Trinidadian companies with commercial interests in Spanish-speaking countries, including Mexico.



Through a collaborative partnership with the prestigious and relevant HADCO company, brilliantly led by John Hadad, the Embassy's cooperation unit instructed six business Spanish sessions to the Trinidadian company's outstanding and enthusiastic employees who now possess business communication tools to engage with the Spanish-speaking world.

The Embassy remains committed to fostering the use of Spanish among Trinidadian companies and is open to new avenues for collaboration, in seeking to support business development in this country.



## EL ESPAÑOL EN LA DINÁMICA EMPRESARIAL TRINITENSE

*Un mayor prestigio y cobertura está ganando el español en el mundo de los negocios a nivel internacional. Por ello, la Embajada de México en Trinidad y Tobago se ha empeñado en llevar la enseñanza y difusión del español a diversas empresas trinitenses que tienen intereses comerciales con diversos países hispanohablantes, entre ellos México.*

*En una asociación de colaboración con la prestigiosa y relevante empresa HADCO, encabezada brillantemente por John Hadad, el área de promoción de la embajada impartió seis sesiones de español de negocios a destacados y entusiastas colaboradores de la empresa trinitense, quienes ahora cuentan con herramientas de comunicación empresarial con el mundo hispanoparlante.*

*La Embajada mantiene el impulso de la promoción del español entre las empresas trinitense y está abierto a nuevas posibilidades de colaboración, con el fin de contribuir en el desarrollo empresarial en este país.*

## WOMEN'S ENTREPRENEURSHIP IN T&T

The economic empowerment of Mexican women residing abroad is a shared effort between the Institute for Mexicans Abroad (IMME) and Mexico's diplomatic and consular representations overseas, such as the Embassy of Mexico in Trinidad and Tobago. Through training, specialized mentoring, and business development tools, these efforts seek to strengthen women's entrepreneurial capabilities and promote their economic autonomy.

The Consular Entrepreneurship Program for Mexican Women Abroad (PCEME) has become a platform for supporting the entrepreneurial efforts of Mexican women residing in Trinidad and Tobago. In an innovative initiative, the Embassy has also extended the program to migrant women of other nationalities. The Embassy of Mexico in Trinidad and Tobago is a pioneer in the English-speaking Caribbean in implementing PCEME and, with a spirit of solidarity, in supporting potential Spanish-speaking women entrepreneurs.

Through this initiative, IMME and the Embassy of Mexico in Trinidad and Tobago have contributed to strengthening the skills of women entrepreneurs in areas such as business planning, finance, marketing, and project presentation. These efforts form part of the actions promoted by the Government of Mexico under its Feminist Foreign Policy to advance the economic autonomy, leadership, and comprehensive development of Mexican women abroad.

The Embassy of Mexico congratulates all the graduates on their dedication and commitment and wishes them every success as they continue to develop and consolidate their entrepreneurial projects.



## EMPENDIMIENTO FEMENINO EN TYT

*El empoderamiento económico de las mujeres mexicanas que residen fuera del país es una tarea que realizan de manera conjunta el Instituto de Mexicanas y Mexicanos en el Exterior (IMME) y las representaciones en el extranjero, como es el caso de la Embajada de México en Trinidad y Tobago, mediante capacitación, mentorías especializadas y herramientas empresariales.*

*El Programa Consular de Emprendimiento para Mexicanas en el Exterior (PCEME) se ha convertido en una plataforma para impulsar la labor empresarial de la mexicanas que residen en Trinidad y Tobago, y que de manera innovadora la Embajada lo ha extendido a mujeres migrantes de otras nacionalidades. Esta representación diplomática es pionera en el Caribe anglófono en la aplicación del PCEME y, con una visión solidaria, en favorecer a potenciales emprendedoras hispanohablantes.*

*Así, el IMME y la Embajada en Trinidad y Tobago han contribuido a fortalecer las habilidades de mujeres emprendedoras en áreas como planeación, finanzas, mercadotecnia y presentación de proyectos. Ello en el marco de las acciones que el Gobierno de México impulsa como parte de su Política Exterior Feminista para promover la autonomía económica, el liderazgo y el desarrollo integral de las mujeres mexicanas en el exterior.*

*La Embajada de México felicita a las graduadas por su dedicación y compromiso, y les desea el mayor de los éxitos en la consolidación de sus proyectos empresariales.*

# Why Mexico?

By Victor Hugo Morales  
Ambassador of Mexico to T&T

**M**EXICO has the potential and capacity to become a leading trade and investment partner in the Caribbean. There are ample reasons to make this a reality.

The country enjoys a privileged geographic location, a large economy and a well-established commitment to international trade. It has a broad consumer market, stable macroeconomic foundation and is part of an extensive network of free trade agreements. Mexico is the industrial and technological hub of Latin America.

The country has clear direction under the prestige and leadership of president Claudia Sheinbaum, who has established Plan Mexico, a development initiative that provides a strategic framework for promoting investment and strengthening value and supply chains, while also driving the modernisation of connectivity infrastructure both within the country and abroad.

Mexico has positioned its economy as the 12th largest in the world, reaching US\$2 trillion, with 133 million consumers generating demand for goods and services. The country offers the trade and investment opportunities of a large market, as well as the capacity to produce efficiently, at a large scale and of international quality.

All of this has been made possible by a strong and firm economic discipline, supported by more than three decades of fiscal responsibility and prudent management of public finances, which shields the economy. Today, Mexico's international reserves exceed US\$255 billion, while inflation is contained within an annual range of 3% to 4%, complemented by a strengthened national currency.

In recent years, Mexico has become a global powerhouse in international trade, with foreign exchanges



Ambassador of Mexico to T&T  
Victor Hugo Morales.

in products reaching US\$1.3 trillion. Its export performance places it among the world's top ten exporters and makes it a central player in global production. This has been the result of the extensive network of free trade agreements that Mexico established, providing access to more than 50 countries and a combined market of over 1.4 billion consumers.

The country's economic stability, recognised political leadership and productive capacity have made Mexico a premier destination for foreign direct investment, which reached US\$41 billion in 2025. It is the leading destination for digital investment in Latin America and ranks among the emerging markets with great investor confidence.

At a time of geo-economic realignment, Mexico's location makes it a natural hub for nearshoring. It serves as a continental bridge between North America and Latin America, as well as a platform connecting the Atlantic and Pacific Oceans, with an extensive coastline facing the Caribbean. All of these factors give Mexico a privileged position for relocation and for shortening and strengthening the resilience of global supply chains.

This geographic location is reinforced by a modern and integrated transportation infrastructure network, including 16 major seaports (seven towards the Atlantic and nine on the Pacific); railway lines (more than 20,000 kilometres of mainline tracks), 66 international

airports (which handle nearly 200 million passengers annually).

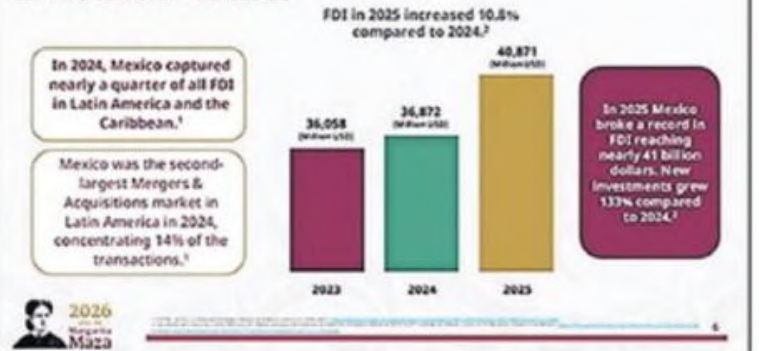
Mexico is a major centre of production and excellence in the automotive industry (where it ranks among the world's top ten producers and exporters); medical devices (the eighth-largest exporter internationally); agribusiness (among the global top ten producers and exporters); electronics (with a consolidated export ecosystem); aerospace (the world's fourth-largest exporter); and pharmaceuticals (the eighth largest exporter globally). Combined, it is the largest industrial exporter in Latin America, supported by a young and highly skilled workforce.

For investors, the government offers a favourable business environment through streamlined procedures facilitated by a specialised digital agency, as well as accelerated depreciation schemes for new investments, additional deductions for training and innovation, targeted incentives in specific regions, and favourable measures in priority sectors.

The world recognises Mexico as a destination for investment and sales, as a supplier of goods and services, and also as an excellent hub for tourism as reflected in the millions of tourists who visit the country every year: 47 million in 2025, with 34 million already recorded so far in 2026.

Mexico is a country where global economic activity goes hand in hand with an exceptional quality of life. This is evident in the more than one million Americans

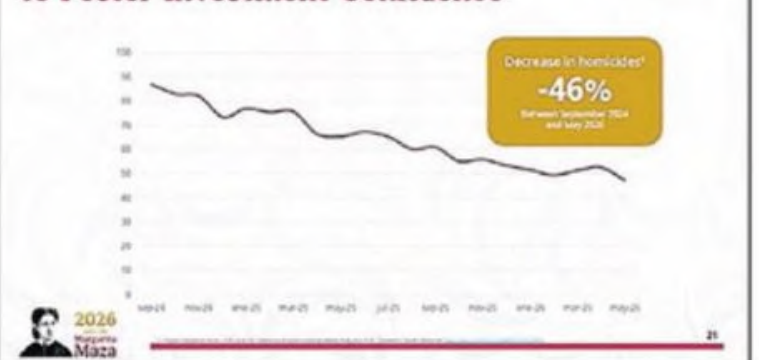
## Foreign Direct Investment Trends



## Mexico is an Exporting Powerhouse...



## Strengthening Security to Foster Investment Confidence



who have chosen Mexico as their home, as well as more than 100,000 digital nomads who have found an ideal environment in which to live and thrive.

Trinidad and Tobago is an energy and industry-based economy, with which Mexico maintains exchanges as its eighth trading partner. Mexico primarily purchases petroleum gas and ammonia from Trinidad and Tobago, while Mexican exports are concentrated in polyacetals, polyethers and epoxy resins. The challenge, and at the

same time opportunity, is to diversify bilateral trade. For Trinidad and Tobago, there is potential to expand exports of petrochemical inputs, food and beverages. Mexico, for its part, can broaden its export offering to include processed foods, electrical equipment, medical devices, construction materials and solutions for the energy industry.

In terms of investment, opportunities could be developed through projects and partnerships in agribusiness, tourism services and industrial maintenance.

Mexico is also Caribbean and as a result, it seeks to expand its presence and trade and investment relations with Caribbean partners. The country maintains a network of six embassies in the Antilles, is a member of the Association of Caribbean States and holds permanent observer status with Caricom. Should Caribbean countries choose to do business with Mexico, it is a winning proposition given its location, economic stability and reliability as a partner.

## SPORT COOPERATION AND DIPLOMACY

Mexico has capabilities across a wide range of sport, supported by strong institutions, technical training and experience in organizing international competitions. Cooperation with other countries therefore represents a window for opportunity.

It was a great pleasure to welcome to the Embassy the Honourable Phillip Watts, Minister of Sport and Youth Affairs, together with the President of the Sports Company of Trinidad and Tobago (SporTT), Kester Lendor, National Football Coach Derek King and representatives of the Trinidad and Tobago Football Association, to discuss mutual collaboration to connect said capabilities in practical ways in benefit of sport development.

Building on the excellent experience of organizing and participating in the 2026 FIFA World Cup, there is potential to work together on various activities related to football that can enhance the development of the sport, with the 2030 FIFA World Cup as our goal.



## COOPERACIÓN Y DIPLOMACIA DEPORTIVA

*México cuenta con capacidad en diversos deportes, con instituciones sólidas, capacitación técnica y experiencia en la organización de competencias internacionales, por lo que la cooperación con otros países es una ventana de oportunidad.*

*Por ello, fue muy grato recibir en la sede de la Embajada al Honorable Phillip Watts, Ministro de Deporte y Asuntos de la Juventud, junto con el Presidente de The Sports Company of Trinidad and Tobago, Kester Lendor; así como al Entrenador Nacional de Fútbol Derek King y representantes de la Asociación de Fútbol de Trinidad y Tobago para dialogar sobre la colaboración mutua para conectar dichas capacidades de manera práctica en favor del desarrollo del deporte.*

*En el marco de la magnífica experiencia de la organización y participación en la Copa del Mundo FIFA 2026, es posible trabajar en el ámbito del fútbol en diversos aspectos que posibiliten el fortalecimiento del desarrollo de dicho deporte, teniendo como horizonte la siguiente Copa del Mundo 2030.*

## INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

Mexico is a multicultural nation, with a proudly Indigenous history and community. There are 68 native languages spoken in the country, along with dances, music and traditions that serve as a live expression of national identity.

For Mexico, it is important to recognize and commemorate the International Day of the World's Indigenous Peoples. As such, the Embassy actively participated in the celebrations planned by the National Trust of Trinidad and Tobago and the Indigenous organizations, Santa Rosa First Peoples Community and the Warao Nation, at the symbolic Banwari Trace archaeological site.

During the ceremony, Ambassador Víctor Hugo Morales stated that Indigenous peoples deserve respect, recognition and improved conditions for development. He recalled that they have historically been guardians of the land, forests and natural resources, therefore it is essential to preserve and value their ancestral knowledge in order to better protect our environment. He also highlighted the relevance of the reform in 2024 of Mexico's Constitution, to guarantee the rights of Indigenous peoples and protect their culture and traditions.



## DÍA INTERNACIONAL DE LOS PUEBLOS INDÍGENAS

*México es una nación pluricultural, con una historia y un componente orgullosamente indígena. En el país se hablan 68 lenguas originarias y junto a ellas, están las danzas, la música y las tradiciones como memoria viva de la identidad nacional.*

*Para México es relevante destacar y conmemorar el Día Internacional de los Pueblos Indígenas. Por ello, la Embajada participó activamente en las celebraciones convocadas por la National Trust de Trinidad y Tobago y las organizaciones indígenas Santa Rosa First Peoples Community y la Nación Warao, en el simbólico sitio arqueológico de Banwari Trace.*

*En la ceremonia, el Embajador Víctor Hugo Morales expresó que los pueblos indígenas merecen respeto, reconocimiento y mejores condiciones de desarrollo; recordó que han sido guardianes históricos de la tierra, los bosques y los recursos naturales, por lo que es indispensable rescatar y valorar sus saberes ancestrales, para cuidar mejor nuestro medio ambiente. Además, destacó la relevancia de la reforma de la Constitución de México, en 2024, para garantizar los derechos de los pueblos indígenas, proteger su cultura y tradiciones.*

## AFRICA IN THE HEART OF MEXICO

Mexico is, proudly, a multiethnic and multicultural country. Afro-descendants have been fundamental to Mexico's history and culture as demonstrated by Vicente Guerrero and José María Morelos in the country's independence struggle, as well as by the painter Juan Correa. Before them, Yanga stood out as the first enslaved African who fought for freedom. Mexico recently strengthened its Constitution to better guarantee the rights of Afro-Mexicans.

The Ambassador of Mexico is a strong promoter of African culture, an advocate for the rights of Afro-descendants and a supporter of initiatives that celebrate the legacy of Afro-Mexicans. In that regard, he annually takes part in Trinidad and Tobago's African Emancipation Day festivities (1 August).

This year, under the theme "Igniting African Consciousness; Dismantling Colonial Legacies", Ambassador Víctor Hugo Morales joined the commemorative activities organized by various Trinidad and Tobago entities, including Prime Minister the Hon. Kamla Persad-Bissessar; the Emancipation Support Committee of Trinidad and Tobago; the Minister of Culture and Community Development, the Hon. Michelle Benjamin; the Mayor of Port of Spain, His Worship Chinua Alleyne; and Shabaka Kambon, Founder of the Caribbean Freedom Project.



MINISTER FOR CULTURE MICHELLE BENJAMIN AND MEMBERS OF THE DIPLOMATIC CORPS

## ÁFRICA EN EL CORAZÓN DE MÉXICO

*México es, orgullosamente, un país multiétnico y pluricultural. Los afrodescendientes han sido fundamentales en la historia y la cultura de México, baste recordar a Vicente Guerrero y José María Morelos en el proceso de independencia, así como el pintor Juan Correa. Antes de ellos, destacó Yanga, primer esclavo que luchó por la libertad. Recientemente se fortaleció la Constitución de México para garantizar de mejor forma los derechos de los afromexicanos.*

*El Embajador de México es un firme promotor de la cultura africana, defensor de los derechos de los afrodescendientes e impulsor de las actividades a favor del legado de los afromexicanos. Por ello, año con año, participa en Trinidad y Tobago en las acciones del Día de la Emancipación Africana (1 de agosto).*

*Este año, con el lema "Despertando la conciencia africana: Desmantelando el legado colonial", el Embajador Víctor Hugo Morales acompañó las acciones conmemorativas impulsadas por diversas instancias trinitenses, como la Primera Ministra Karla Persad-Bissessar; el Comité de Apoyo a la Emancipación de Trinidad y Tobago; la Ministra de Cultura y Desarrollo Comunitario, Michelle Benjamin; el Alcalde de Puerto España, Chinua Alleyne, así como Shabaka Kambon, Founder of the Caribbean Freedom Project.*

## MEXICO IS ALSO CULTURE CINEMA AND COMMUNITY OUTREACH

Mexico is a leading force in world cinema and, every 15 August, it celebrates Mexican Cinema Day – an opportunity to promote the richness and diversity of what is considered the ‘seventh art’, which has produced great films and filmmakers whose talent has been recognised internationally, such as Guillermo del Toro, Alfonso Cuarón and Alejandro González Iñárritu, amongst many others.



Against this backdrop, and in collaboration with the organisation Samaritan Movement, the Embassy screened the film “Breaking la vida (Underdogs)” for young residents of Marian House. This event provided an opportunity to share with them a splendid Mexican story conveying a message designed to inspire them to achieve their goals and to appreciate the value of friendship, whilst reaffirming Mexico’s social commitment, in line with the principles of humanist diplomacy.

Through initiatives such as this, the Embassy continues to bring Mexican culture and cinema closer to young people and communities in Trinidad, with the aim of strengthening the ties that bind Mexico to the Caribbean.



## MÉXICO TAMBIÉN ES CULTURA CINE Y LABOR SOCIAL

*México es un referente de la cinematografía mundial y cada 15 de agosto celebra el Día del Cine Mexicano, oportunidad para promover la riqueza y diversidad del considerado séptimo arte, que ha aportado grandes producciones y cineastas cuyo talento ha sido reconocido internacionalmente, como Guillermo del Toro, Alfonso Cuarón y Alejandro González Iñárritu, entre muchos otros.*

*En este marco, y en colaboración con la organización Movimiento Samaritano, la Embajada presentó la película “Breaking la vida” ante jóvenes residentes de Marian House. Esta actividad permitió compartir con ellos una espléndida historia mexicana con un mensaje orientado a inspirarlos a alcanzar sus metas y al valor de la amistad, al tiempo que refrendó el compromiso social de México, en línea con los principios de una diplomacia humanista.*

*Con iniciativas como esta, la Embajada continúa acercando la cultura y el cine de México a los jóvenes y las comunidades trinitenses, con el fin de fortalecer los vínculos que unen a México con el Caribe.*

## DID YOU KNOW...

Mexico was placed first as the best culinary destination in the world, according to Travel and Tour World's Top 50 Food Destinations Around the World 2026 ranking. This recognition highlights the enormous regional diversity, ancestral heritage and cultural significance of its traditional dishes.

As reported by Global Soft Power Index, Mexico has the most valuable Nation Brand in Latin America and the Caribbean, greater than the USD one billion in economic estimate that takes into account investment, outlooks and economic performance.

Mexico ranks second in the world in InterNations' Expat Insider 2026 report, as one of the best destinations for expatriates. It stands out particularly for the ease with which foreigners can integrate and adapt to the local culture, as well as for the friendliness and hospitality that Mexicans extend to international residents.



## SABÍAS QUE...

México obtuvo el primer lugar como el mejor destino gastronómico del mundo, conforme al ranking Top 50 Food Destinations Around the World 2026 de Travel and Tour World. Este reconocimiento destaca la enorme diversidad regional, la herencia ancestral y el valor cultural de sus platillos tradicionales.

Como lo reportó Global Soft Power Index, México posee la Marca País más valiosa de América Latina y el Caribe, superior a los USD mil millones de valoración económica, que considera inversiones, percepciones y rendimiento económico.

México ocupa el segundo lugar mundial en el informe Expat Insider 2026 de InterNations, como uno de los mejores destinos para extranjeros, se destaca principalmente por la facilidad que tienen para integrarse y adaptarse a la cultura local, así como por la amabilidad y amistad que los mexicanos ofrecen a los residentes internacionales.

## MEXICANO DEL MES: JULIANO PALACIOS



*Nacido en Brasil, de padre mexicano y madre brasileña, Juliano Palacios creció en la Ciudad de México, donde estudió Biología en la Universidad Autónoma Metropolitana. En 2014 inició una etapa de estudios de posgrado que lo llevó a vivir en Estados Unidos, Canadá, España y Brasil. En uno de esos viajes conoció a quien hoy es su esposa y, después de varias visitas a Trinidad y Tobago, ambos decidieron establecerse en Puerto España, donde Juliano encontró rápidamente un nuevo hogar.*

*Biólogo marino e investigador, se especializa en el estudio de los impactos del cambio climático sobre los ecosistemas marinos, con particular interés en América Latina y el Caribe. Recientemente participó en la expedición “Deep Wonders of Trinidad and Tobago”, contribuyendo a la recopilación y análisis de imágenes de aguas profundas.*

*Fuera del ámbito científico, Juliano disfruta descubrir la naturaleza de la isla junto a su esposa, recorrer las calles de Puerto España, disfrutar de la playa, la música, la amabilidad de los trinitarios y practicar deportes.*

*Su historia es un ejemplo de cómo la ciencia, la curiosidad y la apertura a nuevas experiencias pueden llevarnos a descubrir nuevos horizontes y, eventualmente, convertir un lugar en hogar.*

*Por todo lo anterior, Juliano es orgullosamente nuestro mexicano del mes.*

## MEXICAN OF THE MONTH - JULIANO PALACIOS

*Juliano Palacios grew up in Mexico City, where he studied Biology at the Metropolitan Autonomous University (UAM). He was born in Brazil to a Mexican father and a Brazilian mother. In 2014, he embarked on a postgraduate academic journey that took him to live in the United States, Canada, Spain, and Brazil. During one of these trips, he met a Trinidadian woman who is now his wife. After a few visits, they decided to settle in Port of Spain, where Juliano quickly found a new home.*

*A marine biologist and researcher, Juliano specializes in studying the impacts of climate change on marine ecosystems, with a particular focus on Latin America and the Caribbean. Most recently, he participated in the Deep Wonders of Trinidad and Tobago expedition, contributing to the collection and analysis of deep-sea imagery.*

*Beyond his scientific work, Juliano enjoys discovering the island's natural beauty with his wife, exploring the streets of Port of Spain, spending time at the beach, enjoying music, the warmth and friendliness of Trinidadians, and practicing sports. His story is an example of how science, curiosity, and openness to new experiences can lead us to discover new horizons and, eventually, turn a place into home.*

*For all these reasons, Juliano is proudly our Mexican of the Month.*



**México**

Embajada de México en  
Trinidad y Tobago



## ¡Revisa la vigencia de tu pasaporte!

Toma en cuenta que algunos países solicitan una vigencia mínima de 6 meses para ingresar a su territorio



Si te encuentras en Trinidad y Tobago, Barbados o Surinam, realiza tu cita de renovación en:

**sconsulartrt@sre.gob.mx**

## TEN CUIDADO CON UN GOLPE DE CALOR

### ¿QUÉ ES UN GOLPE DE CALOR?

Es el aumento de temperatura corporal por encima de los 40° durante tiempo prolongado. **Esta situación requiere atención médica inmediata.**

#### CAUSAS

- Exposición excesiva al calor ambiental
- Esfuerzo físico a altas temperaturas

#### SÍNTOMAS

- Piel roja, caliente y seca, con sudoración excesiva
- Temperatura corporal mayor a los 39.4°
- Dolor de cabeza o mareos
- Dolor de estómago, náuseas y vómito
- Sed intensa y resequead en la boca
- Frecuencia cardíaca acelerada
- Falta de aire y problemas para respirar



¡La exposición al calor o temperaturas altas durante tiempo prolongado puede ser peligrosa!



Gobierno de  
**México**

**Relaciones Exteriores**

Secretaría de Relaciones Exteriores

# Casa de México

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Les invitamos a leer la reciente edición de la revista "Casa de México" que edita el Instituto de Mexicanas y Mexicanos en el Exterior (IMME):  
<https://heyzine.com/flip-book/8be57920d1.html>

## ¡Regístrate en el SIRME!

La temporada de huracanes  
continúa en el Mar Caribe



escanea el código y regístrate

Con el fin de facilitar la comunicación entre la Embajada y la comunidad mexicana en el exterior ante una emergencia, te invitamos a registrarte o actualizar tu información en el **Sistema de Registro para Personas Mexicanas en el Exterior (SIRME)**.



Gobierno de  
**México**

**Relaciones Exteriores**

Secretaría de Relaciones Exteriores

# 32<sup>ND</sup> MEXICAN FOREIGN TRADE CONGRESS *Monterrey*

**“MADE IN MEXICO: QUALITY AND GLOBAL VISION”**

**OCTOBER 27–29**

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PRESIDENTE  
INTERCONTINENTAL HOTEL,  
MONTERREY



**México**  
Embajada de México en  
Trinidad y Tobago